

# Motivational Interviewing: Reducing Social Desirability Bias and Stress Vulnerability in Adults

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Introduction (Paragraph 1, Lines 1-7): The introduction would be strengthened by including more recent references beyond 2009 to provide updated context on the developments and applications of Motivational Interviewing (MI).

Introduction (Lines 18-23): Clarify the statement about social desirability by explaining how MI specifically targets and reduces this bias through its methodologies.

Introduction (Lines 34-38): The transition from discussing social desirability to stress vulnerability could be smoother by briefly mentioning why these two constructs were chosen for the study together.

Methods (Study Design, Lines 53-56): Specify the criteria for selecting participants from the general population, including any inclusion or exclusion criteria used.

Results (Lines 153-158): The description of the ANOVA results should include effect size measures (e.g.,  $\eta^2$ ) to quantify the magnitude of the intervention's impact.

Discussion (Lines 164-169): When discussing the reduction in social desirability, explicitly connect the findings to the mechanisms of MI, such as increased self-awareness and reduced ambivalence.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

Methods (Measures, Social Desirability, Lines 63-70): Describe the psychometric properties of the Marlowe-Crowne Social Desirability Scale (MC-SDS) in more detail, including its validity and reliability metrics in different populations.

Methods (Measures, Vulnerability to Stress, Lines 71-77): Include the Cronbach's alpha for the Perceived Stress Scale (PSS) to provide evidence of its reliability in this study.

Intervention (Lines 84-106): Provide more detailed information on how MI sessions were standardized across participants to ensure consistency in intervention delivery.

Results (Table 1, Lines 138-152): Consider including confidence intervals for the means presented in Table 1 to enhance the robustness of the reported statistics.

Discussion (Lines 170-174): Expand on the implications of reduced stress vulnerability for clinical practice, specifically detailing how MI can be integrated into stress management programs.

Limitations (Lines 192-196): The limitations section should address potential biases due to the lack of intervention for the control group, suggesting future studies could use an active control condition.

Conclusion (Lines 201-207): Strengthen the conclusion by summarizing the practical applications of the study's findings in clinical and research settings, highlighting the benefits for psychological assessment and intervention.

Ethics Considerations (Lines 226-228): Mention the specific ethics committee that approved the study and any reference number associated with the approval to enhance transparency.

Figures and Tables: Ensure all figures and tables have descriptive legends that can stand alone, providing context without referring back to the text. For instance, Table 1 could explicitly state "Mean and Standard Deviation for Social Desirability and Vulnerability to Stress Scores Across Time Points."

Statistical Analysis (Lines 159-163): Include assumptions testing results for ANOVA (e.g., tests of normality, homogeneity of variances) in the main text for clarity.

References (Lines 237-243): Update references to include the latest research articles on MI to reflect current findings and practices in the field.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.